

Fact Sheet for Students

What is Bullying?

Bullying is negative, often repeated behavior with the intent to hurt someone physically or emotionally and involves an imbalance of power (physical size, social status) between the aggressor(s) and the target(s).

Physical bullying:

- Hitting, kicking, or pushing someone...or even just threatening to do it
- Stealing, hiding or destroying someone's things
- Making someone do something he or she doesn't want to do

Verbal bullying:

- Name-calling
- Teasing, taunting
- Insulting or otherwise verbally abusing someone

Emotional bullying:

- Refusing to talk to someone
- Excluding someone from groups or activities
- Spreading lies or rumors about someone
- Making someone do something he or she doesn't want to do

Cyber-bullying

Someone can harass, threaten, or intimidate using computers, cell phones and social networking sites by:

- Sending hurtful or threatening emails or text messages.
- Posting photos or other information about without consent.
- Spreading lies and rumors.
- Creating a group or social networking page to target or exclude someone.

For additional information on cyber-bullying check out: Optimum Cablevision at <http://www.powertolearn.com/delete-cyberbullying/index.shtml>

A THIN LINE, MTV's site on cyberbullying and digital dating abuse:

<http://www.athinline.org/>

If you are being bullied, remember:

- **Don't blame yourself.** It is not your fault. No matter what someone says or does, you should not be ashamed of who you are or what you feel.
- **Be proud of who you are.** Despite what a bully says, there are many wonderful things about you. Keep those in mind instead of the messages you hear from bullies.
- **Get help.** Talk to a parent, teacher, counselor or other trusted adult. Seeing a counselor does not mean there is something wrong with you.

Adapted by permission from Helpguide.org <http://helpguide.org/mental/bullying.htm>